

# Prayer Poems

Poetic Reflections for Sundays and Feastsdays  
by Sister Juliemarie McDonald, SND



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## Calm and Tranquility

by SR. JULIEMARIE MCDONALD, SND on [04/16/2015](#)  
in [EASTER](#)

**Third Sunday of Easter–Cycle B**  
**April 19, 2015**

*“Peace be to you.”* (Luke 24:36b)  
*“Why are you troubled?”* (Luke 24:38a)

### Calm and Tranquility

Peace is like a seed that sows charity.  
In your peace garden, flowers of love and compassion spring up in warmth and light.  
Love and compassion in turn give glory to God by building the Kingdom on Earth.  
If you spread these seeds of peace, scatter them wherever you go, you can accomplish this remarkable feat.  
You create a home of peace, a city of peace and eventually a world of peace.  
Impossible? Not really. Gardeners know the winds scatter weeds across the fields; why couldn't the winds spread seeds of charity, calm and tranquility?

If you act upon your dreams and your prayers, your homes become houses of hospitality.

## About Sr. Juliemarie McDonald, SND

Sister Juliemarie McDonald joined the Sisters of Notre Dame of Chardon, Ohio in 1951. She holds an MA in English Studies from John Carroll University MA in Scripture from St. Charles Seminary. After 32 years of teaching classes ranging from first grade to college level, she then became a researcher, campus minister, director of religious education and a pastoral minister in Mease Hospital in Dunedin, Florida. In her semi-retirement, Sister Juliemarie writes reflections and faith sharing sessions for the young sisters in formation in Africa, Philippines, Korea, India and the USA. Her spare time is spent as a crafter.



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Begin small—at home. When troubled, recover your calm and composure. Call upon the help of the Spirit: “Renew in me the gift of fortitude.” Your practice of calmness will spill over daily in your thoughts, at your work, and in all of your daily experiences. Yes, your homes shall be houses of peace. Your homes become a welcoming presence for God. Your entire family may become “walking tabernacles” in the cities of God.

It is spring! Plant gardens of calm and tranquility. Spread seeds of love and compassion. Many will come to your garden and leave with bouquets of flowers of peace.

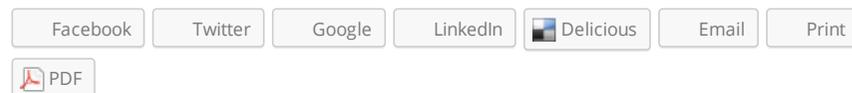
Peace, calm and tranquility be to all. Amen.

### For Reflection and Sharing:

1. Ponder the poem. Take time to tell your troubles to Jesus your friend.
2. How do you calm yourself so anger doesn't take over your composure?
3. What makes you angry?
4. Why do those things make you angry? (Ask for enlightenment, or for God to show you your shadow side. Be not afraid. God gives the grace to conquer this weed!)
5. How do you help your children to divert anger?
6. What is one thing you prefer to do for another to make this world a little more peaceful?
7. Have you at any time experienced the coexistence of faith and questioning?
8. Why is questioning your faith useful in your faith journey?

**Activity:** Make and tend a peace garden.

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**Gia** April 16, 2015 at 9:08 am 

Thank you, Sr. Juliemarie, for sharing this beautiful poem!! I need to do my 'weeding of the soul'. My laxidasy attitude attributes to the weeds.

Peace!!

REPLY

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**Sr. Juliemarie McDonald, SND** April 16, 2015 at 1:55 pm 

Thank you Gia. It is spring and time to clean up those gardens. Section by section, day by day. Jm

REPLY

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**Kelly Schlereth** April 16, 2015 at 10:32 am 

Another thought provoking and soul searching piece. Thank you Sr. Juliemarie!

REPLY

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**Sr. Juliemarie McDonald, SND** September 14, 2015 at 8:57 pm 

Thanks Kelly, I always hope I make people who read my poems to ponder them and transformation happens where the Spirit guides you. Jm

REPLY

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